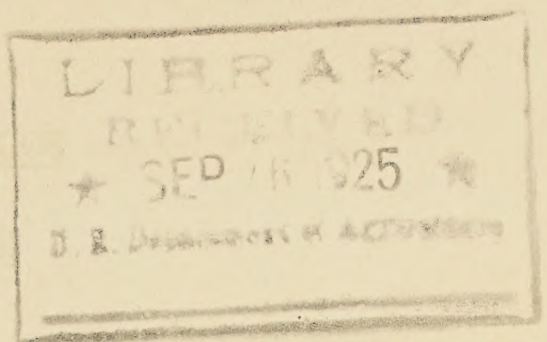


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UNITED STATES DEPARTMENT OF AGRICULTURE

Extension Service

Office of Exhibits

A Summary of the Exhibit

FOOD AND HEALTH

(Range Program No. 2)

A scenic booth exhibit showing the necessity for feeding children the proper kind of food; and physical differences between properly and improperly nourished children.

Specifications

Floor space - - - - - 11' 3" front
5' 1" deep
Wall space- - - - - None
Shipping weight - - - - - 500 lbs.
Electrical requirements - - 110 volt A.C.
or D.C. current. 1,000 watt for lights,
and one motor.

FOOD AND HEALTH

How It Looks

The outstanding attraction of this exhibit is a special contrast feature in which the picture of a frail, stooped, undernourished boy appears for a few moments, then fades away and is replaced by a strong, straight, properly-nourished lad. A special automatic electric lighting device is used to bring about the change which appears in the center of the middle section of the booth, which is 11'3" wide, 5' deep and 7' 11" high.

At the right of the scenic screen is a list of the physical defects which result from poor nutrition. To the left of the screen is a corresponding list of indications of good nutrition.

The left section shows three colored pictures of children at the table eating the proper kind of food for breakfast, dinner, and supper. The right section contains text relating to the function of each of five food groups. The wax models and other imitation foods also add to the attractiveness of the exhibit.

The question and its answer contained in the special narrow panel suspended at the bottom of the middle section should be of interest to parents in general.

What It Tells

Is your child well nourished? In the midst of plenty, thousands of American children are not getting the foods they need for the highest development of mind and body. This is true even in the face of abundant scientific proof that food plays an important part in the health and the development of growing children.

The trouble is that parents become accustomed to the appearance of their children and recognize with difficulty signs of poor nutrition which are evident to any outsider and are appalling to the child

health specialist. The following signs of good and of poor nutrition have been stated so clearly in this exhibit that any interested parent can apply them in a study of his child.

Signs of good nutrition	Signs of poor nutrition
Straight, sturdy legs	Bowlegs, knock-knees
Straight back, flat shoulder blades	Stooped back, Winged shoulder blades
Full, rounded chest	Flat, narrow chest
Strong, white teeth	Decayed, uneven teeth
Firm, rosy flesh	Pale, flabby flesh
Bright, sparkling eyes	Dull, dark-circled eyes
Body erect, strong, and well developed	Body stooped, skinny, and underdeveloped
Happy, keen, energetic, healthy appetite	Nervous, irritable, listless, easily tired
	Finicky about food. Backward in school

No parent would through choice have a boy as stooped, hollow-chested, flat-footed, winged-shoulder-bladed, and generally unhealthy looking as the lad who flashes on the screen to portray evidences of malnourishment. Yet this is a picture of a real boy who through the ignorance or the indifference of his parents was allowed to reach this condition.

Further help is given to parents by suggesting that simple meals are best for children. As a basis for planning such menus the exhibit lists and describes five groups of food, each of which should be represented every day in the meals planned for the family. Is your family getting the right food? This question may be answered by checking a day's menus against the groups of food quoted below:

Fruit and Vegetables

These supply minerals, vitamins, and roughage necessary for normal growth and health. Grow as many as possible in your home garden. Store, dry, or can the surplus for the winter.

Meat, Poultry, Eggs, and Fish

These supply efficient protein for building body tissues and to some extent minerals and vitamins. Extend the meat supply by curing or canning the surplus when slaughtering. Keep a flock of chickens to supply eggs the year round.

Milk and Dairy Products

These supply minerals and vitamins as well as efficient proteins. Children especially need milk and butter. Use fresh milk if possible; otherwise used dried or evaporated.

Bread, Breakfast Foods, and Other Cereals

These supply energy and some protein in an economical form. Use some whole-grain products which supply also minerals and vitamins.

Fats and Sweets

These supply energy. Use enough to make the meals appetizing.

Where To Get Information

Write to the Bureau of Home Economics of the U. S. Department of Agriculture, Washington, D. C., for further details on child nutrition. Farmers' Bulletin 717, "Food for Young Children", Farmers' Bulletin 712, "School Lunches", and Farmers' Bulletin 1359, "Milk and Its Uses in the Home", are helpful to every mother who is anxious to develop signs of good nutrition in her children.